

When all other food produces mucus, the Grape-Nuts will be retained and relieve the "mal-de-muc". It is fully and perfectly cooked and so highly nourishing that it goes at once to the blood, brain and nerve centers, rebuilding and invigorating. It is predigested in a natural way during the process of manufacture and is the *only* food that can be retained on the stomach in many cases. Many first-class doctors carry Grape-Nuts. Make sure how